

## **The first international conference for wombtwin survivors. London. England, June 21<sup>st</sup> 2008**

*After six years of research into the psychological consequences of being a wombtwin survivor, (ie the sole survivors of a twin or multiple pregnancy) Althea Hayton will present her findings in London at the first-ever international conference on the subject.*

Althea, founder and Project Director of [wombtwin.com](http://wombtwin.com), has worked for six years with wombtwin survivors - that is, people who lost their co-twin before they were born. Until this work began, there were very few people who were prepared to recognise the psychological effect on the survivor of the loss of their twin. Incredibly, this research does seem to show that wombtwin survivors carry into born life a deep impression of their missing twin. This suggests that we are all capable of remembering life before birth.

“Some of the symptoms are clear enough,” says Althea. “Commonly, there is a lifelong sense of having a twin out there somewhere, or having an imaginary friend as a child. It’s a lonely life, being a wombtwin survivor. You so badly need a really close friend to be there for you. I should know - I am a wombtwin survivor myself. I lost my twin brother at around 13 weeks in a miscarriage.”

Other psychological symptoms are more mysterious: there is a tendency to hoard possessions and generally hold onto things. Eating problems such as emotional overeating are also common. “It is very exciting, because no one really understands why people hoard possessions or have a problem with food, says Althea. “My research suggests that pre-born life is an area we should explore in more detail, as we try to understand these problems. It’s easy enough to find proof that you are a wombtwin survivor, if you can ask someone about your mother’s pregnancy with you. Many wombtwin survivors already know that they should have been a twin, but until recently no one thought it could have any psychological effect on the survivor.”

This conference is entitled “***From theory to therapy.***” There will be a presentation by Althea Hayton about the various physical indicators of a twin lost in pregnancy. A talk on pre-birth psychology will follow from Dr John Rowan, a distinguished expert on prenatal psychotherapy. Finally, there will be a chance to learn how we can begin to develop new forms of therapy for wombtwin survivors, from Nick Owen who is a psychotherapist and a wombtwin survivor.

This will be the first international conference ever to be held on this subject. It will be a rare opportunity for everyone to learn more about a common occurrence in pregnancy that has been largely ignored - until very recently. It will be the first time ever that wombtwin survivors, plus the people who live with them, work with them, try to help them or just want to learn more about them, can get together and discuss these issues. Only 60 places are available, so early booking is recommended.

**Click here** for [full details of the conference](#) on the [wombtwin.com](http://wombtwin.com) website.

**Date:** Saturday June 21<sup>st</sup> 2008 9am-6pm

**Venue:** Southwell House, 39 Fitzjohns Avenue London NW3 5JT

**Media interviews/ conference bookings:** e-mail: [info@wombtwin.com](mailto:info@wombtwin.com)

**Conference brochure** ([download PDF](#))

**Website:** <http://www.wombtwin.com>

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